

IN THE CLAIMS

Claims 1-11 (Canceled).

12. (Original) A device for allowing inhibitory relaxation of neck muscles, said device comprising:

an elongated member shaped to fit around the neck of an individual; and
a grasping mechanism on opposing ends of said elongated member for allowing an individual to grasp said elongated member as said elongated member is wrapped around the neck of the individual.

13. (Original) The device of claim 12 wherein said device includes:
said elongated member having a resilient portion for allowing an individual to stretch their neck muscles over said device.

14. (Original) The device of claim 12 wherein said device includes:
an inflatable portion on said elongated member to allow an individual to stretch their neck muscles over said device.

15. (Original) The device of claim 12 wherein said device includes:
an inflatable portion on said elongated member to allow an individual to stretch their neck muscles over said device; and
a mechanism to regulate the inflation of said inflatable portion.

16. (Original) The device of claim 12 wherein said grasping mechanism includes:
finger holes formed in said device to allow an individual to grasp the opposing end portions of said elongated member as said device is placed around the neck of the individual.

17. (Original) The device of claim 12 wherein said device includes:
a shape that allows lateral motion, forward and backward motion and rotational motion of the neck of the user over said device.

18. (Original) A device for allowing inhibitory relaxation of neck and upper thoracic muscles of an individual, said device comprising:
an inflatable member shaped to fit around the neck of an individual; and
finger holes formed on opposing ends of said device to allow an individual to grasp the device with the hands of their arms crossed over the front of their body.

Claims 19-27 (Canceled).

28. (Original) A device for allowing exercise of the neck muscles, said device comprising:
an elongated top member;
an elongated bottom member;
a sealing mechanism for sealing said top member to said bottom member in such a way as to create an air tight cavity.

29. (Original) The device of claim 28 wherein said device further includes:
a valve mechanism for introducing and trapping air into.

30. (Original) The device of claim 28 wherein said device further includes:
a grasping mechanism on opposing ends of said elongated member for allowing an individual to grasp said elongated member as said elongated member is wrapped around the neck of the individual.

31. (Previously Added) A resilient neck and upper thoracic spinal region training device for a patient, comprising: a flexible, resilient, generally elongated member having

two ends; and a means for securing the device around the neck and upper thoracic spinal region.

32. (Previously Added) The device of claim 31 wherein the means for securing includes an extended member at each end.

33. (Previously Added) The device of claim 31 wherein the elongated member is inflatable.

34. (Previously Added) The device of claim 32 wherein one or more extended members further includes one or more voids.

35. (Previously Added) The device of claim 31 wherein the elongated member further comprises a top portion and a bottom portion, and the bottom portion includes curvature for fitting around a patient's neck and upper thoracic spinal region.

36. (Previously Added) The device of claim 35 wherein the curvature includes a central bulge.

37. (Previously Added) The device of claim 35 wherein the curvature includes a recess at each end.

38. (Previously Added) The device of claim 31 wherein the elongated member comprises material having a low spring constant.

39. (Previously Added) An elastically compressible neck and upper thoracic spinal region training device for a patient, comprising:

means for providing reciprocal inhibition of primary mover muscles; and

means for isolating core stabilizer musculature of the neck and upper thoracic spine for strengthening.

40. (Previously Added) The device of claim 39 wherein the device is inflatable.
41. (Previously Added) The device of claim 39 wherein the device comprises a low spring constant material.
42. (Previously Added) The device of claim 40 wherein the device further comprises a plurality of separately inflatable compartments.
43. (Previously Added) An effective, low cost, easy-to-manufacture device for promoting strength and flexibility in deep postural muscles in a patient comprising:
an elongated member having a low spring coefficient and two ends; and
handhold means for securing the device located on either end of the elongated member.
44. (Previously Added) The device of claim 43 wherein the elongated member further includes a top end and a bottom end; and
and the bottom end includes a protuberance adapted for a patient's upper thoracic spinal region.
45. (Previously Added) The device of claim 44 wherein the bottom end further comprises arcuate recesses complimentary to the patient's shoulders.